

Clean Plant Based Protein Sources

1. Leafy Greens

One cup of cooked spinach amounts to five grams of protein and 13 grams per 100 calories. In the protein and green department, spinach evidently delivers. Kale, the ubiquitous green of the day, is also a great source of protein with about 3 grams of protein per cup. As long as you thoroughly wash your green of choice and choose organic, greens are a clean protein to include in your daily diet.

2. Beans and Legumes

One cup of cooked lentils has 18 grams of protein. A cup of chickpeas has 15. You can't really go wrong with beans and legumes. They are a steady fallback when it comes to protein; they'll always be there for you. Make your own beans or buy unsalted ones in BPA-free cans, and you've got yourself a clean and lovely source of protein. Kidney beans in particular pack a real punch, as they contain a whopping 14 grams of protein, and 11 grams of fiber per cup.

3. Hempseeds

A serving of shelled hempseeds amounts to 10 grams of protein. That's three measly tablespoons! Put hempseeds on top of a bowl of berries, a salad, or even in a soup. Hempseeds are a nutty, clean source of protein. Give them a go!

Chia Seeds- One ounce of chia seeds contains 4.4 grams of protein, which all your cells need as an important energy source. Chia seeds also contain all nine amino acids in proper ratios, making them a form of complete protein. If you're eating a vegetarian diet, they make a good alternative to soy-based products for a different source of protein.

4. Peas

Get yourself a cup of fresh peas, and you'll get in 8 grams of protein. Canned peas are not an ideal way to consume these green little spheres, but if you have to eat them, at least look for a organic, BPA-free can of them.

5. Nuts

One 1/4 cup serving of almonds contains eight grams of protein. What better way to get a healthy dose

of protein then with a handful of nuts? Almonds and other nuts contain a good amount of protein, just look for raw ones that haven't been sprayed with too many pesticides. If weight loss is your goal – be careful with nuts, as they also pack a lot of calories and fat.

Acceptable Animal Protein Add ins

If beans are not your favorite food, or if you are a fan of the Paleo lifestyle, you can easily swap the legumes in any recipe for one of the choices below.

1. Eggs: Eggs are very nutrient dense and energy dense with lots of vitamins, protein and fats. One egg may contain over six grams of protein and several important nutrients. That's really good news because eggs are very satisfying. Be sure to purchase only organic, free range eggs. 2 eggs is great serving size

2. Fish is an excellent high protein food that should be a regular part of your diet. Fish contains very high amounts of quality protein, virtually no carbohydrates, and little saturated fat. Fish is very good for your liver health. The most beneficial fish to eat are those of the cold water variety such as salmon, trout and sardines. These fish are not only an excellent source of protein, but also high in omega 3 fatty acids. If using canned fish such as sardines and tuna, be sure to buy only BPA free cans and good quality brands. 5-6 ounces of fish is a good serving size for fish.

3. Poultry: Fowl is an excellent high protein food, as it contains high amounts of quality protein, and little fat. The white meat of chicken and turkey are the most economical and popular choices of fowl. Always go for organic, free range varieties. 4 ounces is a good serving size if poultry.

4. Beef, Pork, Lamb and other Red Meats: These can be used up to 3x per week in Phase 1 and 3, but should be avoided in Phase 2, as red meats are a bit harder on the liver. Go with grass fed, organic varieties. 3-4 ounces is a good serving size for red meat